



SPORTS & RECREATION

APRIL 21, 2011

Fitness challenge: How do you stay physically fit



Photo by Elvia Kelly, Fort Stewart Public Affairs

Chauncey Wilkins, Family Member, practices basketball during his spare time at Newman Fitness Center, April 4. Exercising regularly at Newman, Wilkins plans to join the Navy, and uses the facility to keep physically fit for boot camp.



Photo by Renee Reese, Fort Stewart Public Affairs

Family Members enjoy Zumba, a Latin-inspired, calorie-burning fitness class at Newman Fitness Center, April 15. Participants dance and move to the beat of salsa and meringue music. Newman offers daily fitness programs for a nominal fee of \$3 per class, or you can purchase a \$25 pass for 10 classes.

Sports Standings

Hunter GC golf scramble

Tommie McArthur
Golf Course Manager

Eleven teams competed in the Garrison Commander Golf Scramble at the Hunter Golf Club, April 15.

First place: 55

Master Sgt. (Ret.) Mike Hayes
Staff Sgt. (Ret.) Charlie Tukes
Command Sgt. Maj. (Ret.) Charlie Drown
Capt. (Ret.) B. J. Franklin

Second place: 59

Sgt. Danny Osborne
Cpl. Darren Lemen
Cpl. James Ferrara
Sgt. Maj. (Ret.) Michael Moore

Third place: 61

First Sgt. (Ret.) Steven Williams
Sgt. 1st Class Alvin Thompson
Lt. Col. (Ret.) Will Jones
Col. (Ret.) Scott Armbrister

Hunter Army Airfield softball standings

TEAM	WON	LOST
<u>American League</u>		
Hunter Fire Fighters	2	0
B Co 3/160TH AVN	2	0
USMC/Hunter	1	0
USCG	1	0
224TH M.I.	1	1
110TH QM Co	0	2
603RD ASB	0	2
D Co 2/3RD AVN (A)	0	2
<u>National League</u>		
3/160TH SOAR	2	0
A Co 3/160TH SOAR	2	0
HSC 603RD AVN	2	0
D Co 4/3RD AVN	2	0
E Co 1/3RD AVN	0	2
D Co 2/3RD AVN (B)	0	2
HHC 2/3RD AVN	0	2
F Co 2/3RD AVN	0	2

Standings Continued on page 2C

Fort Stewart Golf League Scramble results

Derrick Taylor
Quality Assurance Specialist, DOL

There was a great turnout with the "Kick-Off Scramble and Establish Points Blitz," April 12. A total of 60 participants registered for the League. Congrats to the winners!

Blitz-Establish Points Results:
Winner: *Matthew Gear*
Longest Drive Men: *James Glenn*
Closest Pin Men: *Tim Blanton*
Longest Drive Ladies: *LaDora Lewis*
Closest to Pin Ladies: *None*
Men's Best Score: Bucky Keel
Ladies' Best Score: *Jennie Kennedy*
Ladies' Challenged: *Cymerly Burns*
Men's Challenged: *Matthew Gear*

(Score Card Play-Off 2 tied at 36 even par)

The League began April 5. The cost of \$20 includes greens fee, golf cart fee and small bucket of range balls.

Please inform the attendants at the Club House that you are with the Golf League. We understand that this is a 9-hole event and that everyone will not be able to make it to the course at 4 p.m. We will send teams out as they arrive with the last Tee Time no later than 5:15 p.m.

Please realize that final results will be delayed all until all golfers have completed play.

Prizes to be awarded: Longest Drive Men's Hole #7, Longest Drive Ladies Hole.

#4 Closet Pin Men's Hole #2, Ladies Hole #8 and first place winners.

Please contact 912-435-0319 or email derrick.taylor@us.army.mil if you have questions or concerns. See you on the course!

"Tigers" deny "Bull Dogs," 13-0 in 5 innings

Patty Leon
Frontline Contributor

Freshman James Moon got his first varsity start for the Bradwell Institute Tigers on Friday and made it a good one by helping BI shut out the Beach High Bulldogs, 13-0, in five innings in Hinesville.

The freshman allowed only two hits and the Tigers defense did the rest to keep the Bulldogs off the scoreboard.

Although the game was in Hinesville, the Tigers (14-6, 12-2) were the visiting team and they struck quickly. With two outs in the top of the first, Leonard Felton scored from third on a hit from Garrett McCorkle. Mitch Rogers walked and Adam Corwin was hit with a pitch to load the bases for the Tigers. Back-to-back walks by the Beach pitcher put BI up, 3-0, then Matt Brown stepped up to the plate and smacked a single to drive in three runs.

In the second inning, Tiger Chris Rafferty singled, and McCorkle drove him in to put BI up, 7-0.

In the fourth inning, the Tigers loaded the bases off a single by McCorkle and two Bulldog errors, and McCorkle went home on a walk.

Bradwell added five more runs to end the game early and stay in contention for second place in Region 3-AAAAA along with Jenkins. The Tigers play at 4:30 p.m. Tuesday at Jenkins.



Photo by Patty Leon

Bradwell's Matt Brown drove in three runs in the first inning of BI's 13-0 romp over Beach on Friday.

Soldiers take national Greco crown

Tim Hipps
FMWRC Public Affairs

CLEVELAND – Two first-year Soldiers helped veteran Army World Class Athlete Program wrestlers win their sixth consecutive Greco-Roman team title at the 2011 ASICS U.S. Open Wrestling Championships, April 8-9.

Specialists Spenser Mango and Justin Lester both won their third national championship and Sgt. 1st Class Dremiel Byers captured his ninth national crown in the heavyweight finale.

Mango, a 2008 Olympian and 2009 U.S. World Team member, won by technical fall with a 6-0, 6-0 victory over Minnesota Storm’s Paul Tellgren for the 55-kilogram/121-pound crown.

Lester, a two-time bronze medalist at the World Championships, prevailed 2-2, 1-0 over WCAP teammate and two-time national champion Sgt. Glenn Garrison in the 66-kilogram/145.5 pound finals.

Byers, a 2008 Olympian and the only U.S. Greco-Roman wrestler to win gold, silver and bronze medals at the World Championships, defeated WCAP teammate Spc. Timothy Taylor for the 120-kilogram/264.5-pound division crown.

Byers approached the tournament with a businesslike attitude. He launched a big throw en route to a 6-0, 1-0 first-round victory over Sunkist Kids’ Peter Kowalczyk. In the quarterfinals, he pinned Gunston’s Michael Delaney in 1 minute, 12 seconds. He gutted out a 6-0, 2-0 semifinal decision over Steve Andrus of Michigan Wrestling Club. Byers almost appeared sad as he defeated teammate and training partner Taylor in the finals.

“It’s a love affair, you know?” said Byers, 36. “I would love to have 10 [national championships] but I just think that it’s been a long road and I’ve got plenty more to do. I just don’t have that much time to get it done.”

Byers was reminded that 2000 Olympic gold medalist Rulon Gardner, his No. 1 nemesis and training partner for nearly a decade, is considering coming out of retirement to compete for a spot in the 2012 Olympic Games in London.

“I think that America loves a comeback story, but it will break America’s heart to hear Dremiel Byers steal his story,” Byers said. “I wish him the best. I’m proud of his accomplishment. I think he’s going to be around a little bit longer. He got that weight off on “The Biggest Loser” and that says what kind of a person he is. I respect him, but it’s my weight class.”

Mango and Lester joined the Army after the 2010 edition of this tournament and missed several months on the mat while attending Basic and Advanced Individual Training. Lester also spent a year away from competitive wrestling before deciding to enlist. They were determined to prove themselves Army-worthy in Cleveland.

“They have the best program in the nation,” said Mango, 24, a two-time Missouri high school state champion from St. Louis who finished eighth at the Olympic Games in Beijing. “If you want to be the best, you have to train with the best. I came to a crossroads and I felt like the Army was the best program for me. Now I’m part of the machine. They welcomed me with open arms.”

Byers said he is overly impressed with what Mango added to the Army team.

Lester, who competed under his nickname “Harry” before taking a 13-month break from wrestling shortly after the 2009 World Championships, returned to competition with a renewed attitude.

“WCAP is a Family; everybody looks out for everybody,” said Lester, 27. “The guy I just wrestled, Glenn Garrison, he pushed me in the sauna to make weight. He pushed me every day in practice. ... Everybody is a Family and everybody pushes for each other. We had that, kind of, at Northern



Courtesy Photo

U.S. Army World Class Athlete Program wrestler Spc. Jeremiah Davis (right) squares off against Sunkist Kids' Joe Betterman for the Greco-Roman 60-kilogram/132-pound division title in the 2011 ASICS U.S. Open Wrestling Championships on April 9.

[Michigan], but now it’s a group of more mature people. It’s just a whole different lifestyle.

Byers said WCAP training was just what Lester needed.

“I’ve known this guy for so long and I’ve watched him develop into this Soldier who’s got so much pride,” Byers said. “Whatever he was before he showed up, the Army took it and polished it a little bit. And now he’s got this pride and this awareness. He’s at home. He’s a fit with this Family, this team.

“I’m just blessed to be a part of it. ... We’re a fist. We’re balled up tight, just waiting to swing, and it’s showing.”

WCAP Spc. Jeremiah Davis, a two-time member of the U.S. World Team, finished second in the 60-kilogram/132-pound division after dropping a 0-1, 1-0, 1-0 decision to Sunkist Kids’ Joe Betterman in a battle of 26-year-olds from Northern Michigan University.

WCAP Spc. Marco Lara bounced back from a three-period semifinal loss to Betterman to finish third in the 60-kilogram/132.25-pound division with a 5-0, 1-0 victory over Chad Vandiver of Sunkist Kids.

WCAP Sgt. Nathan Engel overcame a semifinal loss to New York Athletic Club’s Dmitry Ryabchinskiy to finish third at 55-kilograms/121.5-pounds with a 2-0, 1-0 victory over Tyler Erdman of the Modern Day Gladiators.

Specialist Peter Hicks rebounded from a controversial loss to Minnesota Storm’s Jordan Holm in the 84-kilogram/185-pound division semifinals to finish third with a 7-0, 1-0 victory over Mark Stenberg of the U.S. Olympic Education Center.

In women’s freestyle competition, WCAP Sgt. Iris Smith finished second in the 72-kilogram/158.75 pound division after getting pinned at 1:12 of the second period by Ali Bernard of Gator Wrestling Club.

Sports Standings Continued

Fort Stewart softball standings

TEAM	WON	LOST
<u>Marne Conference</u>		
C Co 1/30 INF	0	1
29th ENG Det.	1	0
24th ORD Co	1	0
F Co 3/69 AR	1	0
B Co WTB	0	1
HHC 1/64 (MED)	0	1
3/7 IN BN	0	1
526th EN Co	1	0

Fort Stewart softball standings

TEAM	WON	LOST
<u>Rocky Conference</u>		
DHHB (SIG)	1	0
MEDDAC	1	0
Nu-Image	0	1
HCB 1/41 FA	1	0
139th MP Co	1	0
15th SAOS	0	1
C Co 3/69th AR	0	1
HHC 3/69th AR	0	1



TIME OUT!

I've loved and I've lost



**Commentary by
Jennifer Hartwig**
Hunter Army Airfield Public Affairs

What do you do when the team you grew up loving – who you devoted time, energy and emotion to –

doesn't love you back? How do you deal when your team has literally made it painful to cheer for them? When do you finally say – "I've had enough," and mean it?

For me, it's the Boston Bruins, and I let go for good in 2005. A few years ago, I would have been upset that – yet again – despite a top seed entering the playoffs they are down 2-0 in the first round of the playoffs to Montreal. But now it doesn't bother me because I've let go of my love for the team.

It all began in 1997 thanks to a couple of friends. I grew up in one of those strange non-hockey homes in Massachusetts, but my freshman year of high school I met Lauren and Alexa and suddenly I was watching Bruins games, learning player's names, reading the Boston Globe every morning for Bruins stories and basically becoming a hockey-knowledge sponge.

When I fall for something, I fall hard. I would bring my Walkman (remember those?) with me whenever I left home if there was a game on so I wouldn't miss a minute of the action; when I was at home and the games weren't on TV (because we didn't have cable, believe it or not) I would listen in the dark in my bedroom on AM radio; I had posters of Sergei Samsonov and Joe Thornton, I loved Byron Dafoe, PJ Axelsson, and even "the great" Hal Gill. To put it bluntly – I was obsessed.

I even cheered when Ray Bourque left Boston to go to Colorado to finally win a Stanley Cup – I should have seen that as a sign.

But over the years, as my wide-eyed optimism and 100-percent faith in the team began to wane, I began to see a trend of the Bruins not signing free agents unless they came at a bargain and letting go of talented free agents at their peak. It took awhile for me to see the truth, because I didn't want to believe what was staring me in the face. But in 2004, after

the Bruins, and the top seed, lost to the Montreal Canadiens in the first round of the playoffs, I finally accepted it; I realized what many other already knew but I had been too naive to see – the organization that I cared so much about cared more about making money than winning the Cup.

The straw that broke the camel's back for me as a Bruins fan was the unthinkable trade of Joe Thornton in 2005. The Bruins traded away their captain – their best player – and the face of their franchise, to San Jose for 22-cents on the dollar and then, to make matters 9,832,481 times worse, at the end of the same season, who was NHL MVP? You got it – Joe Thornton. I and all Bruins fans were in an uproar – no other team has ever traded away a player who went on to win the MVP in the same season. It was a travesty – in order to keep from signing Jumbo Joe to a contract he deserved after playing with the team since he was the number-1 overall pick at 18 years old, the spineless Harry Sinden traded him so he wouldn't have to pony up the dough and could get something in return.

It was like a slap in the face. I'd fallen in love, and after almost 10 years of hard-core dedication, it was like I'd been cheated on and thrown to the curb. How can you care about someone who doesn't care about you back? How can you invest time, money and your heart into something that won't give you anything in return? Sure, the regular season may show you some good times, but inevitably in the playoffs the Bruins will lose in the first round to a lower-seeded team and crush us yet again.

So I was done – I stopped watching games, stopped checking the standings each week to see where the B's stood, and took on a cavalier attitude about the team. If they win, great; if they lose, oh well, no bother of mine.

Maybe the Bruins will come back to beat the Canadiens in the first round; maybe they'll even make it to the conference championship – but they won't win the Cup, and all of the fans, bandwagon or not, will be disappointed in the end.

But not me – I can't handle the disappointment. I've loved, and I've lost and I wish them good luck in the future.

Fishing Tournament nets more winners, money

Susan B. Chipple
*Outdoor Recreation and Leisure
Activities Director*

The warm Saturday morning of April 9 drew 40 entries and 15 boats to Fort Stewart's Metz Pond for the Bass Fishing Tournament.

Congratulations to the winners:

1st Place and Largest Fish

Robert Keel
2 fish totaling 11.51 pounds
Largest fish - 6.36 pounds

2nd Place

Joe Fasulo
4 fish totaling 9.44 pounds

3rd Place

Ron Apholz
5 fish totaling 7.67 pounds

4th Place

Kristy Apholz
5 fish totaling 6.17 pounds

5th Place

Richard Buck
4 fish totaling 4.58 pounds

Total number of fish caught for the event was 31.

Bodybuilding, Ms Figure Contest



Register now for the Fort Stewart-Hunter Army Airfield "Rock" Bodybuilding and Ms. Figure Contest. Finals are scheduled for 7 p.m., May 14 at Stewart's Woodruff Theater, building 410.

Pre-judging starts at 11 a.m.

Early registration period thru April 29 has a \$25 entry fee and late registration period (April 30 – May 14), has a \$35 entry fee. Spectator fee is \$3 for pre-judging and \$5 for finals at the door. For competition details, call 912-767-3031.

New fitness programs offered at Newman

Newman Fitness Center, building 439, is now offering aqua fitness at 9 a.m. and 6 p.m. every Monday and Wednesday, plus indoor cycling at 4 p.m. every Friday and 10:30 a.m. on Saturdays.

For more information, call 912-767-3031.